

Mess Hall Menu 2 – 8 February 2012

Thursday, 2 February 12

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Western Scrambled Eggs
Oatmeal and cold cereals
Sausage Patties
Oven Fried Bacon
Potato and Herbs
Sausage Gravy w/ biscuits
Pancakes / Waffles

Market Lunch and Dinner

Cream of Broccoli Soup
Yankee Pot Roast
Chicken and Dumplings
Parsley Fresh Potatoes
Confetti Rice
Brown gravy
Corn on the Cob
Peas
Jardinière Sauce
Dinner Rolls
Streusel Topped Apple Cobbler

Fusion Lunch and Dinner

Chicken Fajitas
Beef Fajitas
Tortillas
Beans Fiesta
Cilantro Rice
Sour Cream
Salsa
Lettuce/Tomatoes/Cheese

Friday, 3 February 12

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Pasta Scrambler
Oatmeal and cold cereals
Oven Fried Bacon
Sausage Patties

Cottage Fried Potatoes
Creamed beef w/ biscuits
French Toast / Waffles

Market Lunch and Dinner

New England Clam Chowder
Roast Turkey
Batter Dip Fish
Au Gratin Potatoes
Broccoli, Cheese and Rice
Vegetable Blend
Turkey Gravy
Corn
Toasted Garlic Bread
Peach Cobbler

Fusion Lunch and Dinner

Bean Burritos
Burrito Carne Asada
Cilantro Rice
Beans Fiesta
Sour Cream / Salsa
Lettuce / Cheese

Saturday, 4 February 12

Breakfast Brunch

Turkey Noodle Soup
Breakfast Burrito
Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Hot and cold cereals
Grilled Ham Slices
Oven Fried Bacon
Cottage Fried Potatoes
Sausage Gravy w/ biscuits
French Toast / Waffles
Italian Breakfast Pizza
Grilled Chicken Breast Sandwich
Cheeseburger / Hamburger / Hot Dog
French fries / Onion Rings / Baked Beans

Market Lunch and Dinner

Turkey Noodle Soup
Beef Lasagna

Caribbean Chicken
Cilantro Rice
Savory Summer Squash
French Style Green Beans
Toasted Garlic Bread

Sunday, 5 February 12

Breakfast Brunch

Bean with Bacon Soup
Fried eggs to order, Omelets to order
Scramble eggs and hard cooked eggs
Monterey Egg Bake
Oatmeal and cold cereals
Baked Sausage Patties
Oven Fried Bacon
Hash Brown potatoes
Creamed Beef w/ biscuits
Grilled Chicken Breast Sandwich
Cheeseburgers / Hamburgers / Hot Dog
French Fries / Onion Rings / Baked Beans
Pancakes / Waffles

Market Lunch and Dinner

Bean with Bacon Soup
Teriyaki Beef Strips
Baked Stuffed Fish
Baked Macaroni and Cheese
Ginger Rice
Mixed Vegetables
Stewed Tomatoes
Dinner Rolls

Monday, 6 February 12

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Oatmeal and cold cereals
Monterey Egg Bake
Oven Fried Bacon
Sausage patties
Home fried potatoes
Creamed Beef w/ biscuits
Pancakes / Waffles

Market Lunch & Dinner

Hearty Winter Vegetable soup
Roasted Chicken Fricassee
El Rancho Stew
Rice Pilaf
Chicken gravy
California Blend Vegetables
Peas
Cheese Drop Biscuits
Apple Cobbler

Fusion Lunch and Dinner

Shrimp noodle bowl
Beef noodle bowl
Steamed carrots
Lo Mein noodles
Fortune Cookie
Assorted Pizzas

Tuesday, 7 February 12

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Country Style Scrambled Eggs
Oatmeal and cold cereals
Oven Fried Bacon
Grilled Sausage Patties
O'Brien Potatoes
Sausage Gravy w/ biscuits
French Toast / Waffles

Market Lunch & Dinner

Chili Con Carne
Roasted Chicken Garlic & Lime
Pasta Primavera
Steamed Rice
Calico Corn
Green Beans
Corn Bread
Cherry Cobbler

Fusion Lunch and Dinner

Chicken Fajita Fiesta Taco Salad
Beef Fajita Fiesta Taco Salad
Taco Salad (bowl or chips)
Mexican Rice
Beans Fiesta
Fresh Cilantro and onions
Assorted Pizzas

Wednesday 8 February 12

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Potato, Tomato and Garlic Frittata
Oatmeal and cold cereals
Sausage Patties
Oven Fried Bacon
Lyonnaise Potatoes
Creamed Beef w/ biscuits
Pancakes / Waffles

Market Lunch and Dinner

Turkey Noodle Soup
Kansas City BBQ Brisket
Sweet and Sour Pork
Baked Macaroni and Cheese
Fried Rice
Scalloped Cream Style Corn
Vegetable Stir Fry
Dinner Rolls
Blueberry Cobbler

Fusion Lunch and Dinner

Southwest Chicken Strip Salad
Southwest Flank Salad
Parmesan Focaccia
Toasted Garlic bread
Assorted Pizzas